

## VIDEO SUMMARY

# Monsoon Semester 02: From Chains to Conversations

Resource person: GuruSetu | An animated series for teachers in Indian higher education  
Monsoon Semester 02: From Chains to Conversations | Monsoon Semester | psychological-literacy

A small sticker on Kamala's door brings a lost student knocking. Over cold chai she draws Arjun the history as rings: doctors who listened, volunteers on the phone, trained neighbours on a bench, and now teachers. Arjun puts the Wellness Centre on his course page, and then learns to say it out loud in class.

Support has expanded through professionals, volunteers and trained community members, with different roles and responsibilities. Visible information reduces the effort of finding help and signals that using support is an ordinary option. A written link may be overlooked; a calm explanation tells students what the service does and how to reach it.

No. An approachable teacher listens and refers within their role while professional assessment and treatment remain with qualified people. It needs a real, current route behind it, including a contact, access arrangements and an explanation of what happens next.

In practice: Add your counselling centre's contact details to your syllabus and your course page.